

POOL INFORMATION

CACTUS AQUATIC & FITNESS CENTER

7202 E. Cactus Road • 480-312-7665

ELDORADO AQUATIC & FITNESS CENTER

2301 N. Miller Road • 480-312-2484

MCDOWELL MTN. RANCH PARK & AQUATIC CENTER

15525 N. Thompson Peak Parkway • 480-312-6677

LAP SWIM HOURS

Mon-Fri: 6am - 2pm and 6pm - 8pm

Sat & Sun: 1pm - 5pm

LAP SWIM FEES:

Adult Resident: \$2.00

Adult Non-Resident: \$3.00

LAP & FITNESS PASSES:

Adult Resident:

10 visit pass \$20, 30 visit pass \$60

Adult Non-Resident:

10 visit pass \$30, 30 visit pass \$90

POOLS ARE HEATED!

Pool hours subject to change due to special events. Please call ahead for more information.



WATER SAFETY CLASSES

AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

The American Red Cross Lifeguard Training class is offered to those interested in becoming a certified lifeguard. The class includes certifications in First Aid and CPR for the Professional Rescuer.

Location: MMR

Code: #59079

Please register by February 2nd

Dates & Hours: 2/6/07 – 3/3/07

Tuesday & Thursday, 6 - 9:00pm

Saturday, 9am - 12 noon

Course Prerequisites: Must be 15 years old, swim 500 yards (non-stop), retrieve 10lb. weight and swim.

Fee: \$75.00 (Residents), \$125.00 (Non-Residents)

AQUATIC TEAM OPPORTUNITIES

SCOTTSDALE AQUATIC CLUB

A United States Swimming Team

The City sponsored Scottsdale Aquatic Club is a year-round competitive swimming team. The team offers competitive swimming instruction and competitions for swimmers of all ages. Workout times and fees vary according to age group. This program is available only at Cactus Aquatic Center. For more information call (480) 951-5368 or visit www.scottsdaleswim.com.

CLAVADISTAS DEL SOL

A United States Diving Team

The City sponsored Clavadistas Del Sol is a year-round competitive diving program, open to divers of all abilities and ages. Both developmental and Master's diving is available. Workout times and fees vary according to age group. This program is available only at Cactus Aquatic Center. For more information call (480) 312-7665 or visit www.cdsdiving.org.

SCOTTSDALE SYNCHRO ASSOC.

A United States Synchronized Swimming Program

The City sponsored competitive synchronized swimming team is open to swimmers ages 8 and up. Recreational/Beginner Program is a year round program that swimmers can join any time. Swimmers will participate in a water show and progress through synchronized swimming levels and learn figures. They may later transfer to our competitive club. This is a great opportunity to become wonderful athletes, learn team skills, make new friends, and have a lot of fun. For more information call our club representative Leigh McDaniel at (480) 661-9466 or visit www.scottsdalesynchro.us.

WANT TO BE A LIFEGUARD?

Follow these steps:

1. Take lifeguard training
2. Submit an application at www.scottsdaleaz.gov
3. Attend Skills Test on March 3rd, Noon-3pm

SPECIALTY CLASSES

See chart at right for specific day & times

SHALLOW WATER EXERCISE

(30 per class) ages 13 and older-An excellent opportunity to work out and have fun. Classes run 50-minutes and include stretching, warm up, cardio, toning, and cool-down. Offered at MMR, Cactus and Eldorado. Monthly registration \$24 Res/\$36 NR

*Drop in \$3 Res/\$4.50 NR per visit, space permitting.

DEEP WATER EXERCISE

(30 per class) ages 13 and older-Challenge yourself to the next level of physical fitness! This class features aerobic exercise, treading water, and activities that improve swimming technique and fitness. Offered at MMR, Cactus and Eldorado. Monthly registration varies.

*Drop in \$3 Res/\$4.50 NR per visit, space permitting.

ACHE-A-WAY

Back ache? Joints hurt? Have arthritis? Try this specially designed class for any individual who needs a gentler, slower paced water exercise. Class emphasizing stretching and toning. Taught by a certified arthritis instructor. Offered at Eldorado.

*Drop in \$3 Res/\$4.50 NR per visit, space permitting.

TONE AND TAI CHI

Try this specially designed class for any individual who needs gentler, slower paced water exercise. Class emphasizing stretching and toning. Taught by a certified instructor. Offered at Eldorado. Monthly registration varies.

*Drop in \$3 Res/\$4.50 NR per visit, space permitting.

WATER EXERCISE CLASS FEES

	Resident	Non-Res.
Monthly Registration for classes that are offered Monday - Friday:	\$24	\$36
Monthly Registration for classes that are offered Mon/Wed/Fri:	\$15	\$22.50
10-visit pass:	\$30	\$45
Drop-in:	\$3	\$4.50

Please Note: Classes have a minimum and maximum enrollment. Classes will be cancelled a week prior to start date if a minimum enrollment is not met.

HOLIDAY WATER EXERCISE BREAK 12/25 THRU 1/5

MCDOWELL MTN. RANCH POOL

SPECIALTY CLASSES		DEC 11/27 - 12/22	JAN 1/8 - 2/2	FEB 2/5 - 3/2
Shallow Water Exercise	9:00 am		59035	59036
	10:00 am		59038	59039
Deep Water Exercise	11:00 am		59060	59061

CACTUS POOL

SPECIALTY CLASSES		DEC 11/27 - 12/22	JAN 1/8 - 2/2	FEB 2/5 - 3/2
Shallow Water Exercise	9:00 am	58129	59013	59017
	10:00 am	58130	59012	59014
Deep Water Exercise	11:00 am	58128	59050	59051

ELDORADO POOL

SPECIALTY CLASSES – DECEMBER (11/27 - 12/22)		
8:00 AM	SHALLOW EX	57889
9:00 AM	SHALLOW EX	57875
9:00 AM *	TAI CHI (MWF)	57892
10:00 AM	ACHEAWAY (MWF)	58310
11:00 AM	ACHEAWAY (MWF)	57852
11:00 AM	DEEP (MWF)	57905
6:00 PM	DEEP (MWF)	57895
SPECIALTY CLASSES – JANUARY (1/8 - 2/2)		
8:00 AM	SHALLOW EX	59023
9:00 AM	SHALLOW EX	59019
9:00 AM *	TAI CHI (MWF)	59058
10:00 AM	ACHEAWAY (MWF)	59052
11:00 AM	ACHEAWAY (MWF)	59054
11:00 AM	DEEP (MWF)	59043
6:00 PM	DEEP (MWF)	59045
SPECIALTY CLASSES – FEBRUARY (2/5 - 3/2)		
8:00 AM	SHALLOW EX	59024
9:00 AM	SHALLOW EX	59020
9:00 AM *	TAI CHI (MWF)	59059
10:00 AM	ACHEAWAY (MWF)	59053
11:00 AM	ACHEAWAY (MWF)	59056
11:00AM	DEEP (MWF)	59044
6:00 PM	DEEP (MWF)	59046

* conducted in therapy pool